



MODULE 6 DBA – Review

Module 5

- examine the social, emotional, and cognitive risks involved with using drugs or alcohol
- determine the value of applying a thoughtful decision-making process in health-related situations
- evaluate the influence of personal values, attitudes, and beliefs on health practices and choices
- assess the degree of susceptibility to injury, illness, or death if engaged in drug use and other risky behavior
 - determine whether individual or collaborative decision making is needed to make a healthy decision
 - assess refusal and negotiation skills needed to avoid health risks
 - identify the risks associated with alcohol use
 - evaluate how public health policies and government regulations can influence alcohol use
 - address and discuss topics related to alcohol use and abuse
 - identify the risks of tobacco use and exposure to secondhand smoke
 - evaluate how public health policies and government regulations can influence tobacco use and disease prevention
 - determine the meaning of words and phrases as they are used in health warnings and other texts
 - propose strategies to reduce health problems and restore health
 - analyze the options for support and addiction treatment available in your area

Module 6

- identify the health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition
- assess how obesity increases the susceptibility to injury and illness
- evaluate your personal health practices in relation to nutrition, exercise, and body composition
- identify health-related problems related to an unhealthy body composition
- analyze how the perception of “normal” body composition may influence healthy and unhealthy behaviors
- analyze strategies for preventing, detecting, and treating communicable diseases
- identify common sexually transmitted infections (STIs) and symptoms
- evaluate behaviors and health practices that help maintain or improve health and reduce health risks
- analyze statistics related to communicable diseases and teen parenthood
- propose what type of first aid is necessary to reduce or prevent injuries
- determine when individual or collaborative decision making is needed for first aid
- demonstrate basic cardiopulmonary resuscitation (CPR) procedures
- analyze your individual responsibility in caring for and enhancing your health
- evaluate how your personal values, attitudes, and beliefs can influence your health practices
- examine effective ways to ask for or offer assistance to enhance the health of yourself or others
- use negotiation and collaboration skills with physicians and healthcare providers
- assess how obesity increases the susceptibility to injury and illness

